



OUR LADY
OF GOOD COUNSEL

THE LEAVEN

SPRING 2014

**NEWSLETTER OF THE DES MOINES DIOCESAN COUNCIL OF CATHOLIC WOMEN (DCCW)
PUBLISHED TWICE A YEAR- SPRING AND FALL**

OUR DCCW MISSION

To promote Christ-centered spirituality for Catholic Women, empowering them to serve the mission of Christ to the world in their daily lives.

PRESIDENT'S MESSAGE

Recently, I attended my first NCCW board meeting at the Washington Retreat Center in Washington, DC. What a wonderful experience! As a new Province Director, I was assigned a mentor, Darleen Schulte from the Province of Omaha, to "show me the ropes". (My report on the board meeting are contained in the "Province Director" report section.)

Since the timing of the board meeting coincided with the 41st anniversary of the Roe v. Wade decision, we participated in the March for Life activities, including the opening mass held at the Basilica of the National Shrine of the Immaculate Conception. The opening mass was celebrated by Cardinal Sean O'Malley. Hundreds of thousands of people traveled from across the US to participate in the March for Life activities. I was very pleased to see so many youth participating!

The theme of this year's event was adoption. **Jeanne Monahan, March for Life President**, said that "Adoption is a heroic decision for pregnant mothers who find themselves in a difficult situation. We want to eliminate the stigma of adoption and encourage women to pursue this noble option."

Last fall, the spiritual spas retreats were well received in both Des Moines and Panama. We had over 60 attend each of the two retreats with Cindy Shaw, co-director of Emmaus House, as the facilitator.

On January 23, I attended the Council Bluffs Region's annual Religious Appreciation Dinner at Corpus Christi-Queen of Apostles parish hall. Bishop Richard Pates celebrated mass followed by a reception and dinner. St. Albert students provided musical entertainment.

When I asked Bishop what the Council of Catholic Women could do to support him, Bishop Pates said to educate women who are faced with unexpected pregnancy about adoption as an alternative. Adoption education is a common theme at the National as well as the Diocesan level! So, we, as Catholic women, need to consider what we can do in to educate young women about adoption and change the culture so adoption is considered a "normal" option to unexpected pregnancy.

We are fast approaching this spring's annual convention scheduled for Saturday, April 5, 2014 in Atlantic at the Sts. Peter and Paul parish hall. The theme for this year's convention is **"BE THE VOICE OF CATHOLIC WOMEN — CONFIDENCE, HOPE, AND JOY"**.

Our keynote speaker will be Father Scott Courtney, a frequent speaker on Spirit Catholic Radio station KVSS. Our afternoon speaker will be Margaret Hoarty, who with her husband walked the El Camino Real in France and Spain, which is about a 500-mile pilgrimage.

We hope and pray that you will join us for this spirit filled day! Come and get energized! See how to register inside.

**Eileen O'Connor
DCCW President**

SPIRITUAL ADVISOR'S MESSAGE



In the July/August 2013 edition of the *Catholic Woman*, Rebecca Woodhull, NCCW President, quoted Matthew Kelly, a well-known Catholic author and presenter by saying, "Be the best version of yourself you can be." Matthew suggested four signs

of a highly engaged Catholic as listed below:

- A daily commitment to PRAYER (i.e. Mass, scripture reading, rosary, seeking God's will)
- STUDY to be continuous learners of the faith, to open to a growing relationship with Jesus, and know what the church teaches
- GENEROSITY - employ a spirit of service to others with love and have courage, hope, joy, and confidence
- EVANGELIZE - be a ready witness to the love of Jesus, sharing His love with others by your word and deed

Love of God and our neighbor is the basic tenet of our faith. Our recently retired Pope Benedict XVI in his first encyclical, *Deus Caritas Est* stated, "Love of neighbor, grounded in the love of God, is first and foremost a responsibility for each individual member of the faithful." (20)

Recently elected Pope Francis has sparked our understanding of the Church's role in the world as impacting the present day culture. (Pope Francis has a gift of using good images to catch our imaginations). He has said, "I see clearly...that the thing the Church needs most today is the ability to heal wounds and to warm the hearts of the faithful...I see the church as a field hospital after a battle."

We are all being challenged today to see that our vocation as the Christian faithful is to love our neighbors in the day-to-day reality of our life, and at the bidding of Pope John Paul II "to build first a culture of life and ultimately a civilization of love." Pope Paul VI has presented us with the image of the Catholic Church as the Church of the Good Samaritan, stressing that as a Body of Catholic people our response to the secular culture we live in arises from the church's charism of love by seeing every person as being made in the image and likeness of God. Therefore, like the Good

Samaritan, we stop and reach out to anyone in need, along the road that we travel.

The witness to Christ and His love that we give to others in our daily living is what will make the Church (the Mystical Body of Christ) to grow and develop. By Christ's Spirit in us, we will be carrying out our mission to evangelize the world and fulfill God's purpose for our lives.

Respectfully yours,

Father Don Bruck
Des Moines DCCW Spiritual Advisor

Father Scott Courtney - Keynote Speaker

Father Scott Courtney is a priest from the Lincoln (NE) Diocese.

Joan Gubbels heard him speak at the Omaha Archdiocesan convention a couple years ago and was very energized by his message and highly encouraged us to invite him to speak to us!

Some of his homilies and other talks can be found on Youtube on the internet.

Margaret Hoarty - Afternoon Speaker

Margaret Hoarty has been married to Tom Hoarty for 43 years and has 8 children, 7 grandchildren, with two more on the way.

She graduated from Creighton University with a bachelor of science in nursing in 1970. Received an MSN from UNMC (University of Nebraska Medical Center) in 1974.

She currently volunteers as a FCN (Faith Community Nurse) at her home parish, St. Pius X, in Omaha.

She teaches Tai Chi to older adults, is an advisory board member at Knowles Mercy Spirituality Center, and an avid Bluejays Basketball fan.

And, last but not least, she enjoys walking.



Des Moines Diocese Council of Catholic Women

Sts. Peter & Paul Parish Center
Atlantic, Iowa

Saturday, April 5, 2014

“Be the Voice of Catholic Women Confidence, Hope and, Joy”

- 8:00** **Registration - coffee, muffins/rolls (provided by Harlan CCW), and juice**
- Carry in Layettes, Shoeboxes, Silent Auction Items
- 9:00** **Call Meeting to Order & Welcome – Eileen O'Connor, President**
- Prayer to Our Lady of Good Counsel
 - Spiritual Advisor's Message – Rev. Donald Bruck
 - Introduce Board Members
 - Recognize first time attendees
- 9:10** **Business Meeting**
- Secretary's Report – Carolyn Smith
 - Treasurer's Report – Marilyn Alfors
 - Introduction of Guests from other dioceses
 - Nomination of Officers
- 9:20** **Keynote Speaker:** Father Scott Courtney “Be the Voice of Catholic Women- Confidence, Hope, and Joy”
- 10:20** **Honor Outstanding Women**
- 10:45** **Recess-(and after lunch)**
- Browse the silent auction items and make your bids
 - Purchase items from DIVINE TREASURES, Quilt Raffle Tickets, & Individual NCCW Memberships
 - Browse the Information Tables
- 11:00** **Mass- Bishop Richard Pates**
All Clergy are invited to celebrate
- 12:00** **Lunch**
- 1:00** **Bishop Richard Pates - Our Challenge and Q&A**
- 1:20** **Afternoon Speaker - Margaret Hoarty - My 500-mile pilgrimage on the El Camino Real**
- 2:20** **Break - Make final bids for Silent Auction**
- 2:30** **Presentation of Layettes, Shoeboxes, and Donations**
- Layettes to Birthright and Gabriel's Corner
 - Shoeboxes to Phoenix House
 - Proceeds from the Golden Gems Basketball to Gabriel's Corner, Phoenix House, and Birthright
- 2:50** **Drawings/Door Prizes & Announcement of Silent Auction Winners**
- 3:00** **Closing Prayer - -**

2013 CONVENTION INFORMATION

Plan now to attend the 85th Annual DCCW Convention, which will be held in Atlantic on Saturday, April 5, 2014. Our theme for the convention will be "BE THE VOICE OF CATHOLIC WOMEN—CONFIDENCE, HOPE, AND JOY."

In your Council of Catholic Women (Altar and Rosary, Catholic Daughter, Women's Guild, etc.) meetings, plan to participate in the following community service projects that we support by bringing:

- Layettes and/or baby blankets and clothing for a pro-life pregnancy counseling service
- "Shoe boxes" with toiletries for daily needs for a homeless shelter
- Any Water for Life collections your organization may have collected. Read about that program on the Catholic Relief Services website at: <http://www.crs.org/nccw/>

This year, we will also be introducing a new project - homemade backpack bags for distribution to homeless shelters. When children leave the shelters, we feel they can leave with dignity with their belongings in these bags. Patterns will be available at the convention for this exciting new project to bring back for next year's convention!

We also ask that each parish bring a silent auction item worth about \$25. You will have an opportunity to bid on Silent Auction items and purchase religious items from Divine Treasurers.

The cost for the convention is again \$15, if we receive your check by April 1 and \$17 after that date or at the door. Please send your checks payable to "Des Moines DCCW" to:

**Eileen O'Connor
500 Spencer Ave.
Council Bluffs IA 51503**

HONORING WOMEN

Again this year, we will be honoring women from local parish Council of Catholic Women (Altar and Rosary Societies, Catholic Daughters, etc.) who go above and beyond to keep things going. We hope that those nominated will all be able to be present to receive their

awards. We encourage the President or contact for your CCW to come and bring along others from your parish to help honor her as well. Please complete the form provided in the "call to convention" letter or on the website and submit it for one or more in your CCW who deserve to be honored. Send it to Eileen O'Connor by March 25 at the address below. Or you can e-mail the information (name, parish, and a paragraph on why they should be honored) to Eileen at ejoconnor@msn.com.

COMMISSION REPORTS

SERVICE COMMISSION

The St. Mary's of the Assumption in Panama donated more than 80 articles of clothing, hundreds of pieces candy, and toys for the migrants around the state. The Spanish speaking are very appreciative for these kindnesses.

The L.C.W.R. - Women Religious- sent 40 religious sisters to El Salvador to remember the murder of the four U.S. women over 30 years ago. Sister Joyce attended the sharing in Des Moines, coordinated by the two Haggdorn Sisters in December. Sister Jean, I.C.H will have copies made of the DVD for use around the Diocese.

Anne Dols, pastoral minister working with Sister Joyce at St. Theresa's in Des Moines, gathered 50-60 people to pray "The Healing Litany" the 3rd Saturday in December upon hearing a CCW member had fallen at home and broke her back. Surgery and days in ICU are testimony of this HEALING community Prayer. If you wish to get a copy of the litany, please contact Sister Joyce at jblum@sainttheresaiowa.org.

**Sister Joyce Blum and Shirley Chamberlain
Service Commission Chairs**

SPIRITUALITY COMMISSION

As I sit before the computer, I have a space heater going full blast by my feet, the temperature outside with the wind chill is below zero, and my hands are freezing. My heart aches for those who do not have adequate food, clothing, and housing. Remember them in your prayers and actions.

In Shenandoah, Nancy writes that they are approaching Lent with the question, "What should I do this Lent??" As Catholics we always would pick something special to do such as giving up candy or pop, going to daily Mass, or saying the rosary with

our families. Many good memories, but time, it seems, is less available due to working and so many other activities. Our resolutions to do something for Lent fall aside.

But what about a minute or two a day on a Kindle reader or reading a book before bed, finding simple ways to become holy. Father Michael E. Gaitley, MIC wrote 33 DAYS TO MORNING GLORY, A Do-It-Yourself Retreat in Preparation for Marian Consecration. When I read this, I loved reading about some of my favorite people in the Church and their simple ways of living. This 33 day journey gives you a week each with four giants of Marian spirituality: St. Louis de Montfort, St. Maximilian Kolbe, Blessed Mother Theresa of Calcutta, and Blessed Pope John Paul II. It helps one understand why certain prayers and devotions are so special in Catholics' lives today. Can it be that simple to grow closer to Jesus? It always seems so complex.

As Catholics, many of us have questions about our relationship with Mary. These four saintly people help us see that our consecration to Jesus through Mary stands as a tried and true way of attaining holiness in life. We all have questioned the need for a jumpstart in our devotion for Lent. Let reading this book be your gift to yourself this Lent and for your whole life! You can obtain this book at most bookstores; Wal-Mart online also has it.

In Glenwood, we have begun the second half of GOOD NEWS PEOPLE (small group, parish-based program inviting people to new ways of understanding "our faith, ourselves, and the needs of the world around us") and will conclude with a whole group sharing potluck on Fat Tuesday. We are witnessing incredible stories of faith and the impact these people have on others in their communities.

We also have a Monday morning 8 weeks Jeff Cavins Bible Study that we began in mid January. Our Thursday morning book study is doing MY SISTERS, THE SAINTS by Colleen Carroll Campbell. Our Lenten Soup Suppers will be starting before we know it. Nancy mentioned a great Lenten reading resource, and there are many websites as well as activities in our parishes during this season. Make sure and check your bulletins, diocesan newspaper, and online for information.

On February 17, our DCCW joined with other CCWs in Iowa along with other Pro-life groups to sponsor the RALLY FOR LIFE.

Please follow the news from the Iowa Catholic Conference. Tom Chapman keeps us updated with what is going on in the Iowa legislature, who to contact with concerns, and other information that we as Catholic women should know. See Another resource to keep us updated is the United States Council of Catholic Bishops. 2014 elections are just around the corner and the outcome of these elections should be a concern to all of us. Check your church bulletins as well as parish and diocesan websites to see what programs are being

offered to enrich our spiritual lives as well as opportunities to evangelize and revitalize our parishes and communities.

Remember to mark your calendars for our annual convention in Atlantic on April 5. This should be another uplifting, spiritual event offered to the wonderful women of the Des Moines diocese.

The following prayer seemed fitting for the cold, gray days of January. By the time you read this, the temperature will probably be much more spring like! It comes from a favorite website called

A Concord Pastor Comments.

Lord, it's so cold in so many places and I mean really cold!

I pray for the homeless, Lord, and for those who shelter them this year –

and all year 'round...

I pray, too, for hearts chilled by loneliness:

wrap and warm them, Lord, in comforters of love...

I pray for those who've lost electricity and heat and for those working 'round

the clock to restore service...

I pray for souls frozen by bitterness and anger: defrost them, Lord, in your

mercy and forgiveness...

I pray for the safety and health of first responders and all who work outdoors

in the cold...

I pray for hearts iced by hurt and disappointment: Lord, thaw them with

consoling hope...

And I pray for my own heart, Lord: when I fail to warm to you and my

neighbor, burn within me til my heart melts in yours...

Carolyn Smith and Nancy Larson Spirituality Commission Chairs

LEADERSHIP

Joan Gubbels attended the National Council of Catholic Women Convention in Ft. Lauderdale Florida last September followed by the World Union of Catholic Women's Organization Regional Conference in the same location. Both the convention and the conference had excellent speakers on a wide range of topics, including Poverty, Human Trafficking, Leadership Training, etc.

Julia Lopez has been making changes to the website to keep it current. Check it out at www.desmoinesdccw.org.

In addition, she has added the DCCW out on Facebook! To get to the DCCW facebook page key in "The Des Moines Diocesan Council of Catholic Women" into the search field near the top of the page. We plan to use it to schedule and announce upcoming events.

Please go out and "Like" us! We will be drawing one name of those that have "liked" us for a prize at the DCCW Convention on April 5.

Thanks Julia for a "job well done"!

Joan Gubbels, Pat Aust, and Julia Lopez Leadership Commission Chair

Council Bluffs Region

The 13th annual Appreciation Dinner was held January 23, 2014, the week following National Vocations Awareness Week, to accommodate Bishop Richard Pates schedule.

The evening began with Mass celebrated by Bishop Pates and followed with wine and cheese provided by Queen of Apostles CCW and K of C and Holy Rosary CD of A. The tables were set with placemats donated by Hoy Kilnowski Funeral Home and decorated with thankful messages by Saint Albert students.

The entrée was fried chicken accompanied with homemade potato dishes provided by St. Patrick, Neola CCW, salads by Our Lady of Carter Lake CCW and vegetables by Holy Family CCW rolls and butter by St. Columbanus CCW and the meal was topped off with an array of desserts furnished by CB St. Patrick, CCW.

Entertainment was provided by Mrs. Laura Nelson and the Saint Albert Band along with Miss Debra Ramirez and the Saint Albert Choir.

Bishop Pates led us in prayer and thanked all who prepared the event. Following dinner he spoke again asking all of us to be involved in the pursuit against the culture of death which is prevalent today. He had participated in the March For Life in D.C. the prior day. The treasurer of the Council Bluffs Region, Eileen O'Connor spoke of upcoming events and gave a jar of jam to the attending honorees.

The proceeds from the dinner will be sent to NCCW/CRS for recovery of the typhoon in the Philippines. Proceeds from former years have also gone to such catastrophes and to the Des Moines Diocesan Vocations Fund.

Practice for our annual basketball game has begun with many former members and several new participants. Our game will be held on Friday March, 28 at Saint Albert Gym. All proceeds will go to Birthright of Council Bluffs, Gabriel's Corner and Phoenix House Shelter for abused women and children.

Saint Albert's is in the process of selecting a senior female student who most exemplifies our mission statement to receive a scholarship from the Council Bluffs Region of CCW at the senior awards day ceremony to the college of her choice. The funds for this gift also come from the proceeds of former annual Appreciation Dinners.

The Council Bluffs Region is planning to prepare and enjoy a supper with the Ronald McDonald House residents. The date isn't set in stone yet, but early this spring. This will hopefully be our first annual dinner for the residents. It is always a rewarding experience and many from our region are interested in participating.

The WUCWO General Assembly will be held in Fatima, Portugal from October 22-27, 2014. Call me if you are interested in attending at 712-322-4459. The prices are quite reasonable.

Joan Gubbels Council Bluffs Region Chair



Bishop Richard Pates talks with Joe Connelly and Joan Gubbels after the Religious Appreciation Dinners.



Several NCCW board members just prior to the March for Life in Washington, DC. Eileen O'Connor, Province Director - Province of Dubuque and Des Moines DCCW President, is second from the right. President Rebecca Woodhull is on the right.

NCCW Convention

The NCCW Convention is scheduled for September 24-27 in Grand Rapids, MI. Check out the details on the NCCW website www.nccw.org. If you have an interest in attending, please contact Eileen O'Connor at ejoconnor@msn.com.



General Assembly
Fatima, Portugal

October 22nd - 27th, 2014

Optional pilgrimage to Santiago de Compostela
October 28th and 29th, 2014

**Women of WUCWO,
Sowers of Hope**

*"I commissioned you to go out and to bear fruit."
(John 15:16)*

Province Director Report

At the NCCW Convention held in September, I was installed as Province Director of the Dubuque Province, which includes all four A/DCCWs in Iowa. It is indeed an honor to represent and serve all Catholic Women in Iowa on this Board. If you have questions or comments, please feel free to e-mail me at ejoconnor@msn.com.

Since then, I have attended one function in the Dubuque Archdiocese - a combined NCCW Leadership Training Development and Convention. The training is excellent! We are looking at the possibility of bringing it to the Des Moines Diocese.

Last year, at the convention, a new fundraising campaign was announced to further reduce the debt of the NCCW. Here is the information:

We are introducing a fundraising campaign entitled "We Are ONE". For we are one faith under one God, advocating with one voice. This campaign is asking every Catholic woman in every affiliate or parish to donate \$1 to NCCW. I encourage all of you to take this to your affiliates or parishes and have a collection, asking for at least \$1 from each member. We do not want to put a financial burden on anyone but if every Catholic woman in the US gave \$1, we would raise \$34 million dollars. If we had 570,000 women give \$1, we would eradicate our debt. Please join us in this campaign and ask the members of your women's organization to support NCCW. Send your checks, notated for the "We are ONE Campaign" to the NCCW office, 200 North Glebe Road, Suite 725, Arlington, VA 22203 by mid-year. There is a flyer and a script that is available for use on the NCCW website (www.nccw.org).

Good News!! The individual dues were reduced to \$60. We encourage each of you to join the NCCW. Check how on the NCCW website under "Membership".

We also are asking each women's organization to pay their NCCW dues of \$100. If your organization did not get a bill via e-mail, please contact me at ejoconnor@msn.com and I will get you a bill.

At the NCCW Board meeting in January we learned that as of October 31, 2013, the debt had decreased more than \$200,000 from the year previous. Our revenues have exceeded our expenses by \$235,000. We continue to work toward elimination of the debt.

In the right column is an update of the benefits associated with being a member of the NCCW which was prepared by Pat Cetera, NCCW Leadership Commission in November 2013.

WHO HEARS YOUR VOICE?

The **National Council of Catholic Women (NCCW)** was founded in 1920 under the auspices of the United States Catholic Bishops who recognized the influence on church and society already exerted by American Catholic women. The goals were to give Catholic women a common voice and a way to act in unity.

The National Council of Catholic Women is:

- A Member of the World Union of Catholic Women's Organizations (WUCWO)
- Recognized by the United States Conference of Catholic Bishops (USCCB)
- Active participants in partnership with other Catholic groups

Our Aim is:

- To be a voice for American Catholic women today
- To transform the world through prayer and action
- To unite more than 3000 affiliated Catholic women's groups as well as individual members
- To support social action through Gospel values
- To train Catholic women to become leaders in both Church and society
- To provide a forum for Catholic women to speak and act on matters of mutual interest
- To represent U.S. Catholic women in the national and international arenas

We partner with Catholic Relief Services, the official international Catholic relief and development agency of the United States Conference of Catholic Bishops and Cross Catholic Outreach. We support the fight against human trafficking both in the U.S. and abroad, upholding the sanctity of life from birth to natural death, the protection and sheltering of women in Sub-Saharan Africa and the prevention of mother and child mortality due to substandard housing and unsafe water supplies in third world countries.

Catholic women and their parishes benefit from affiliating with the National Council of Catholic Women through:

- An enriched prayer and spiritual life
- Having a united voice in policy advocacy through NCCW position papers and issue briefs on matters of interest to them
- Keeping up to date on Catholic women's concerns through a quarterly magazine and a monthly newsletter
- Program ideas to use in your own community
- Opportunities to be of service
- Formation of a real sisterhood of Catholic women

The support of parish affiliates enables **NCCW** to act as the voice of Catholic women through its association with **WUCWO**, the **USCCB** and other **Catholic Women's Groups**.

Calendar of Events

2014

March 28 Golden Gems Basketball game at St. Albert
Gym in Council Bluffs
April 5 Annual DCCW Convention in Atlantic
May 13 WUCWO Day of Prayer at Corpus Christi -
Holy Family in Council Bluffs
Sept 24-27 NCCW Convention in Grand Rapids MI
Oct 22-27 WUCWO General Assembly in Fatima

Martha's Kitchen

Sweet Chex Mix

Mix:

1 stick butter
1 cup brown sugar
¼ cup white Karo syrup
¼ tsp salt

Microwave 2 minutes, 30
seconds; Stir.

Microwave another 2 minutes,
30 seconds; Stir.

Add to mixture and set aside:

¼ tsp vanilla
¼ tsp baking soda

Pour in a brown paper bag:
6-7 cups Crispx or Chex
1 can of cashews

Pour mixture over cereal in bag

Microwave 1 minute, 15 seconds;
shake;

Microwave 1 minute; shake;
Microwave 45 seconds; shake.

Pour onto wax paper to cool; crunch
to separate chunks while cooling

Put in ziploc bag when cool

